

City of Long Beach Department of Parks, Recreation & Marine
Community Recreation Services



Cesar Chavez Senior Programs

February 2018

The staff at Cesar Chavez Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older participating in senior programming.

Program Hours: Mon. - Fri. 9:00 am - 2:00 pm

SPECIAL PROGRAMS

Here We Grow - Garden Club

Mondays@ 10:30 am

Come help us plant!

Senior Meals Program

Monday through Friday from 12:00 pm
to 1:00 pm

(suggested donation \$1.00)

Jewelry Making

Come and learn basics of jewelry making
every other Thursday at 10:30 am

Chair Exercises

Stay active while you have fun!!!
Tuesdays and Thursday at 10:00 am

Black History Month



Mon	Tue	Wed	Thu	Fri
			1 Weight Training 9:00-10:30 a.m. Pottery Class 11:00 a.m.	2 Move and Groove 9:45- 11:00 a.m. Karaoke 11:00 a.m. Bingo 1:00 p.m.
5 Hooked Crochet Club 9:30 a.m. Garden Club 11:00 a.m.	6 Arts& Crafts: DIY Paper Chandelier 10:30 a.m.	7 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 11:00 a.m.	8 Weight Training 9:00-10:30 a.m. Jewelry Making 11:00 a.m.	9 Move and Groove 9:45- 11:00 a.m. Karaoke 11:00 a.m. Bingo 1:00 p.m.
12 Hooked Crochet Club 9:30 a.m. Garden Club 11:00 a.m.	13 Garden Club 9:30 a.m. Arts& Crafts: DIY Valentine's Day Card 10:30 a.m.	14 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 11:00 a.m.	15 Weight Training 9:00-10:30 a.m. Pottery Class 11:00 a.m.	16 Move and Groove 9:45- 11:00 a.m. Tea Party 12:00pm
19 CLOSED	20 Garden Club 9:30 a.m. Arts& Crafts: DIY Photo Holder 10:30 a.m.	21 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 11:00 a.m.	22 Weight Training 9:00-10:30 a.m. Jewelry Making 11:00 a.m.	23 Move and Groove 9:45- 11:00 a.m. Karaoke 11:00 a.m. Bingo 1:00 p.m.
26 Hooked Crochet Club 9:30 a.m. Garden Club 11:00 a.m.	27 Garden Club 9:30 a.m. Arts& Crafts: DIY Plaster Flower 10:30 a.m.	28 Move and Groove 9:45 a.m.- 11:00 a.m. Paint With Us 11:00 a.m.	Decorative hearts on a branch	

401 Golden Avenue Long Beach, CA 90802

(562) 570-8890